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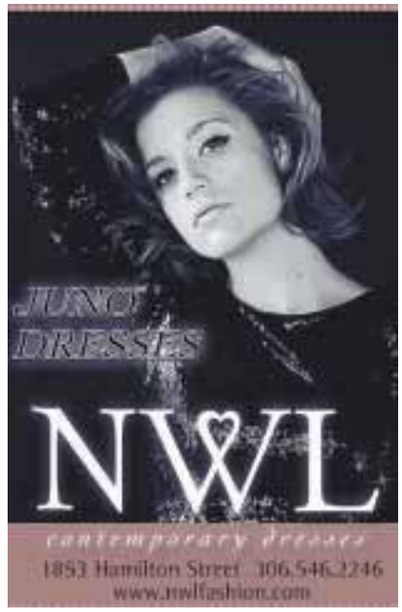

Hateful Facebook posts have police union fuming

Online monitoring. Regina chief says force is tightening control to restrict anti-police slander on its page

ROSS ROMANIUK
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Regina police are trying to tighten control of their Facebook page amid criticism by the officers' union about "slanderous, threatening or demeaning" comments made by members of the public on the website.

The Regina Police Association charged Monday that the Facebook page is a free-for-all for outlandish attacks, following dozens of what it calls over-the-top, hateful posts made about officers involved in a fatal shooting of a dog this past weekend.

"What we're concerned with is comments that say, 'The only good police officer is a dead police officer,'" Evan Bray, the association's president, told reporters.

"Really? Is that something that anyone thinks a police service should have on its Facebook page?"

After Bray made public the concerns that he said the union has discussed for some time with police executives, Chief Troy Hagen explained that the force has immediately begun trying to "rein in" such online comments.

"What we have done is reconfigured our Facebook account so that people cannot put posts on our Facebook wall unless it's associated to one of our threads, or one of our previous postings," Hagen said.

"They can still post; it's just not a free-for-all right now."

Hagen added that the Regina Police Service has previously monitored the page and removed profane and slanderous posts, though it "couldn't keep up" with them on Sunday following the incident with the dog.

"These comments have absolutely no business on the Facebook page of a police service," Bray said, "and they do nothing to foster a positive working relationship with the community."

Online

For more news visit metronews.ca

Evan Bray, president of the Regina Police Association, says the city's police service must restrict its Facebook page to eliminate public comments that are hateful and demeaning toward officers. ROSS ROMANIUK/METRO

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Top cop defends officers in shooting death of pit bull

North Central. Dog's owner plans to file complaint against police

ROSS ROMANIUK
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Regina's police chief is defending the actions of two of his officers in the shooting death of a dog in a North Central home's yard this past weekend.

Chief Troy Hagen said Monday that the officers — one with a canine unit — ran into the Rae Street backyard on Saturday night with "very reasonable grounds" to do so while tracking assault suspects, before one of them fired at the pit bull during a struggle with the dog.

"Based on the information I have, the officers acted appropriately," Hagen told reporters, adding that the shooting is under police investigation and will be reviewed after that by the city police Use of Force Board and Saskatchewan Police Commission.

"I don't think anybody wanted this to happen, but our job is challenging at times."

But Peter Cote plans to file a complaint with the police, contending that the killing of his seven-year-old male pit bull — restrained by a chain at the time — was completely unnecessary. And he said Monday he'll examine his possible options for taking legal action against the Regina Police Service.

"I'm considering it, of course. That's a family member," Cote said of Ben, the pet adored by his 10-year-old son.

"He stayed home from school today. He's pretty hurt about what happened."

Cote insists his pet was shot without any contact made with the police dog or the officers.

"It's just short of murder," he claimed. "I was one second behind the shot. They could have waited another two seconds, or three seconds."

Regina police Chief Troy Hagen says two of his officers appear to have "acted appropriately" in the fatal shooting of a pit bull in a North Central home's yard on Saturday. ROSS ROMANIUK/METRO

NDP questions lack of flood money in budget

Cathy Sproule, NDP house leader
JEFF MACKEY/METRO

The Saskatchewan government says it's hard to predict natural disasters and that's why there's no money in the budget specifically allocated for flooding.

Government Relations Minister Jim Reiter says the province is concerned and preparing for flooding, but not having it as a line in the budget is normal.

"Potentially you could have something in any given year, but you're not sure," Reiter said Monday.

"It's just so completely unpredictable."

The NDP questioned in the legislature why no money has been earmarked for flooding, especially given the warnings.

The Water Security Agency is calling for above-normal or well-above-normal spring runoff in almost all of the southern half of the province — and it could be worse for some areas. The agency's March forecast calls for very high runoff in areas between Indian Head and Moose Jaw, including Regina, and between Saskatoon and Prince Albert.

"What we know is that over the last three years they've spent over $105 million each year on average for flooding and there's a five-foot snowpack out there," said New Democrat Cathy Sproule.

"So, I don't know how you can't plan for that."

Sproule argues the government budgets for forest fires and should be able to do the same with flooding.

THE CANADIAN PRESS

Holy smokes! Israel gets first kosher-certified cigarettes for Passover

Observant Jews in Israel craving a smoke during the weeklong Passover holiday that started at sundown Monday can now enjoy a rabbi-approved puff.

It's the first time cigarettes have joined the long list of goods stringently checked to ensure they comply with Passover rules on what items are kosher for the holiday — meaning they have not come in contact with grains or other forbidden ingredients.

The chief rabbinate in Israel, however, disapproved.

Label reads: "Kosher for Passover." ODED BALILTY/THE ASSOCIATED PRESS

"Poison is not kosher. For all days of the year, not just Passover," said spokesman Ziv Maor. THE ASSOCIATED PRESS

Humanitarian visit

Prince Harry heads back to U.S.

Britain's Prince Harry is returning to the U.S. — but skipping Vegas this time.

Instead, he will support veterans' charities, landmine clearance and aid for poor African children. THE ASSOCIATED PRESS

Bus fare?

$1.3-million bag leads to charges

A yearlong probe into a bus passenger in Winnipeg with $1.3-million in his backpack has led to proceeds of crime charges against a man from Minden, Ont., allegedly linked to illegal gaming in Ontario. THE CANADIAN PRESS

Italy's youth rise to power amid parliamentary chaos

Deputies of the Five Star Movement attend the second-day meeting of the new Italian parliament on March 15 in Rome. The party broke a world record for its MPs' median age. GIORGIO COSULICH/GETTY IMAGES

Five Star Movement. Protest party received quarter of all votes

ELISABETH BRAW
Metro World News in Rome

Italy's parliament is suddenly looking like a university auditorium. That's because many of the newly elected parliamentarians are students.

MP Laura Castelli, 26, once tweeted about a journalist who was chasing her: "He thinks we're extraterrestrials."

It's true that these new MPs have little knowledge of political proceedings: Most of them belong to the Five Star Movement, Italy's phenomenally successful protest party.

"So many people voted for (leader) Beppe Grillo because they're nauseated by all the recent scandals," said student Luisa Ciaramella, 25, from Naples.

The median age of the Five Star parliamentarians in the lower house is 33 — a world record. Thirty-five of these new parliamentarians are under 30. And, as Grillo recently pointed out on his blog, his MPs are also Italy's best educated.

But while Italy's parliament enjoys an aura of fun rebellion, its problems remain grave.

Five Star has proposed leaving the eurozone, an idea Umberto Ambrosoli of the centre-left alliance called "very dangerous. They're just suggesting it to abdicate themselves from responsibility."

Demands of office

"Let's hope that the new parliamentarians are a positive force.... One needs not just political will but also experience."

Stefano Folli, respected political columnist at the Italian daily Il Sole 24 Ore

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CANADA'S ECONOMIC ACTION PLAN

Canada

Sadistic, tyrannical, unstable ...

Startling testimony at inquest. Psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell

A teenaged girl who killed herself in her prison segregation cell was highly unstable, showed sadistic tendencies and was one of the most difficult cases he had ever seen, a psychiatrist testified Monday.

Dr. Jeffrey Penn told a Toronto inquest into Ashley Smith's death that only top-quality psychological care could have helped her overcome her extreme problems.

"She presented one of the more severe personality pathologies that I have encountered," Penn said.

Smith, who had been teased mercilessly growing up, was emotionally immature, giggly, took pleasure in inflicting pain on others, and had only a limited capacity for remorse, Penn testified.

In some ways, he said, Smith hadn't progressed beyond age two or three. "This young woman is essentially a large tyrannical child who can't tolerate limits, feels estranged and isolated from peers, unloved, unliked, and often hopeless," Penn once wrote.

Despite the various problems, Penn said the mental-health system in prison is "better than people think," although it could be improved.

Smith, however, was simply an extremely difficult inmate and patient.

"She had incredibly poor social skills. She can't get along with peers or with staff," he said.

She also had a strong need for arousal.

"When I'm bad, I get a feeling of excitement," he said she told him.

THE CANADIAN PRESS

Quoted

"Ashley was dour, sullen, blunted in general, with occasional bursts of animation and humour."

Dr. Jeffrey Penn, a psychiatrist who treated Ashley Smith in prison in Truro, N.S.

Her lonely end

Ashley Smith choked to death in segregation at the Grand Valley Institution in Kitchener, Ont., in October, 2007. She was just 19.

Sign here please, PM ... you have a parcel of pandas

What's black and white all over and the centre of Prime Minister Stephen Harper's attention? Look right — there's Da Mao, one of two giant pandas that have just flown in from China on the Panda Express, a specially outfitted jetliner. Harper officially took delivery of Da Mao — like panda Er Shun, on loan to Canada from China — at Toronto's Pearson International Airport on Monday. "It's not every day you get to sign for pandas," the Prime Minister joked. The loan is the result of a deal reached when Harper visited China just over a year ago. FRANK GUNN/THE CANADIAN PRESS

Italy killing. New trial looming for Amanda?

Amanda Knox is waiting anxiously in Seattle to hear if she'll face a murder court again in Italy.

She was acquitted in the murder of her roommate.

But now Italian prosecutors have asked the high court to throw out the acquittals of Knox and her Italian ex-boyfriend in the murder of 21-year-old British student Meredith Kercher and order a new trial.

After hearing six hours of arguments, the court delayed a decision until Tuesday.

Knox is "carefully paying attention to what will come out," attorney Luciano Ghirga said as he arrived at Italy's Court of Cassation in Rome.

Knox, now 25, and Raffaele Sollecito, who turns 29 on Tuesday, were arrested in 2007 after Kercher's body was found in a pool of blood in a rented apartment in Perugia. Her throat had been slashed.

THE ASSOCIATED PRESS

Flu shots. Do health-care workers need them?

Should mandatory flu shots for health-care workers be put on hold ?

A prominent infectious-diseases specialist says yes.

Dr. Michael Gardam says he gets a flu shot every year, but thinks mandatory programs for health-care workers could end up being challenged in the courts.

Gardam and a colleague say in this week's Canadian Medical Association Journal that pushing flu shots in this way could undermine other vaccination efforts.

Gardam, head of infection control at Toronto's University Health Network, also worries this type of fight could be used by the anti-vaccination movement.

Flu vaccine proponent Dr. Allison McGeer says a better vaccine would be welcome, but the current one does help to save lives and should be used by health-care workers.

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metro
News worth sharing.

Ford India apologizes for ad with Berlusconi, bound women

Mumbai. Images that appeared online may never have been seen by anyone at automaker

The Indian unit of Ford Motor Co. has apologized for advertisements decried as demeaning to women, including one depicting Italy's former prime minister Silvio Berlusconi with a trio of bound women in the trunk of a car.

A Ford India spokeswoman said Monday that the company is investigating whether anyone at the automaker ever saw the print ads, which were never used commercially but appeared over the weekend on a website showcasing creative advertising.

The ads caused an uproar online and came just after India passed a new law on violence against women following a fatal gang rape of a student on a bus that prompted mass protests and spotlighted the status of women in India.

This ad, depicting Italy's former prime minister Silvio Berlusconi with three bound women in the trunk of a Ford Figo, was created at advertising agency JWT India and appeared on the site adsoftheworld.com. The CEO of JWT India says that it and two similar ads were never paid for and "were not expected to be released." SCREENGRAB

Featuring Ford's logo, one ad showed three women bound and gagged in the trunk of an Indian-made compact, the Ford Figo, with Berlusconi smiling from the driver's seat alongside the slogan "Leave your worries behind with the Figo's extra-large boot." Similar ads featured Paris Hilton apparently kidnapping reality-television rivals the Kardashian sisters — all three sisters tied up and one in a bikini — and Formula One driver Michael Schumacher abducting his male racing competitors.

Ford said Monday that it regrets the incident, calling the images "contrary to the standards of professionalism and decency within Ford."

THE ASSOCIATED PRESS

Market Minute

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#SORRYNOTSORRY FOR HASHTAGS

SHE SAYS

Jessica Napier
metronews.ca

A friend of mine recently told me she is having trouble coming up with a suitable hashtag for her upcoming wedding. Her social-media-savvy guests will want to know what the official wedding hashtag is before they start live-tweeting from the venue and sharing their heavily filtered snapshots all over Instagram. This is a major #firstworldproblem of course, but her panic got me thinking about the symbol's growing cultural relevance.

Twitter first introduced the hashtag concept in 2007 to group conversations and streamline the search function within the micro-blogging site. Today, about one in eight tweets feature words or phrases that are prefixed with a hashtag symbol, which has since been adopted across numerous social-media platforms. Google+, Instagram, Tumblr and Pinterest all support the hyperlinking pound sign and soon, rumour has it, Facebook will finally incorporate hashtags into its interface.

The functional marker has evolved into something much more than its developers could have predicted. The symbol has been embraced by inside jokers and revolutionaries alike, and the humble hashtag helps rally individuals together online and in person and has entirely changed the way we watch award shows. We all know the #Oscars Twitter commentary is much more entertaining than the actual Oscars.

Even more interesting is the way in which this digital code has transcended the realm of social media and is creeping into other forms of communication. I've started noticing hashtagged phrases written out in emails, I spotted a women's athletic shirt with #RUN emblazoned on the front, I've even seen friends use hand gestures to mimic the symbol during in-person conversations. Forget to brush your hair and put on mascara in the morning? Your au naturel look means you're having a #nofilter kind of day.

Hashtags serve no practical function in these forms but there's evidence of a growing trend; social-media language is migrating away from its intended platform and starting to infiltrate our speech patterns in interesting (albeit sometimes annoying) ways.

We employ these digital hieroglyphs to add new levels of meaning to our conversations, to offer a clever aside, qualify what we're really trying to say, or underscore our sentences with an additional layer of emotion.

Some of the best hashtag phrases add a sardonic undertone of mocking, because we all know people who deserve to have #whitegirlproblem or #humblebrag shouted at them from time to time.

Away from the keyboard and stripped of its digital functionality, the ubiquitous symbol is becoming increasingly prevalent in face-to-face communication. Who can forget Jack Layton's best dad-joke moment when he referred to Prime Minister Stephen Harper's crime policies as "a hashtag fail."

Some lament the lazy nature of the hashtag, arguing that this idle form of expression is destroying our ability to communicate properly along with other digital shorthand devices such as text-message abbreviations, LOL-speak and emoticons. But anyone who has ever picked up a Shakespeare play knows that dialects evolve over time. We've created a modern hybrid language in blending our spoken and typed words and symbols and, like it or not, the hashtag seems like it's #heretostay.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Balloons not just for clowns and circus folk

DAVID CHESKIN/THE ASSOCIATED PRESS

Gasp! It's time to come up for air

New York artist Jason Hackenwerth starts work on a giant balloon sculpture named Pisces inside the National Museum of Scotland, in Edinburgh on Monday.

When complete, the sculpture will span three floors of the museum and is designed to represent the natural world.

"Even when I'm in my studio day after day, it always feels full of new possibilities," Hackenwerth says of his art.

He says he uses balloons as a medium because they are accessible to a wide audience and often take people back to their childhood.

THE ASSOCIATED PRESS

Online

- **Listen to the artist discuss his muse and see how he creates the masterpieces at metronews.ca.**

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's no use crying over what could have been if Twitter had existed at the same time as some of history's more famous events. Take these accounts as inspiration and flex your intellect by reporting your pet historical event as it happened.

@RealTimeWWII: A day-by-day retelling of the Second World War with a wonderful knack for digging up quotes from world leaders and updates from the war's lesser-known theatres.

@TitanicRealTime: Right now, everybody is extremely pleased by reports of the unsinkable liner's luxurious accoutrements. But stay tuned — things are about to get real very soon.

@SamuelPepys: The Great Plague and the Great Fire of London are a few bite-sized eyewitness accounts taken from the English Restoration's most famous diarist.

Twitter

@metropicks asked: China just sent us pandas. What should Canada ship to other countries for diplomatic reasons?

@Dragoniser: The Ontario Liberal Party. They will be out of a job soon anyway.

@kajomha: everything maple!

@IdejTauren: moose and maple syrup, with some Tim Hortons thrown in too.

@rosalesj: snow.

@905GoTrainGirl: Tim Hortons

@BaggsMcJungle: Please send China the Three Stooges: Rob & Doug Ford & their fishing buddy, Stephen Harper. If there's room, Gazebo Clementi.

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DVD reviews

Lincoln

Director. Steven Spielberg

Stars. Daniel Day-Lewis, Sally Field, David Strathairn

Neither the title-implied biopic nor an assault on the tear ducts, Steven Spielberg's Lincoln serves history by favouring background over foreground. Daniel Day-Lewis's Oscar-winning portrayal of the 16th U.S. President is grounded on the complex humanity of the man, one forced by circumstances to deal not only with epochal national concerns — slavery and the Civil War — but also pressing family ones. His Abraham Lincoln is grey of hair and beard, walks with a slight stoop and speaks in a higher register than our mind's ear may wish to hear. He's capable of thunder — we see glimpses — but he frequently comes across as timorous, in his dealings not only with political foes and allies but also with his high-strung wife Mary (Sally Field) and headstrong son Robert (Joseph Gordon-Levitt). Scripted by Tony Kushner (TV's Angels in America, Spielberg's Munich) the film loosely adapts Doris Kearns Goodwin's non-fiction best-seller Team of Rivals: The Political Genius of Abraham Lincoln. It finds focus in the marrying of high principles with low politics.

PETER HOWELL

Lil Wayne releases his latest album, I Am Not a Human Being II, this week. THE ASSOCIATED PRESS

Same old Lil Wayne

New album.
Forget the story line — rapper's strength still lies in his lyrical zingers

Lil Wayne's I Am Not a Human Being II album opens with a familiar sound — someone's flicking a lighter. It's Weezy's sonic signature, a long-running nod to the weed, women, booze and bravado that has shaped so many of his musical releases, including his latest.

Now on his 10th album, singles like No Worries and the Mike WiLL Made It-produced B—s Love Me suggest that Wayne's priorities haven't changed. Luckily for fans, he covers familiar territory with fresh, tweet-worthy punchlines.

But if you're looking for storytelling, look elsewhere. Wayne's expertise is in lyrical zingers.

He unleashes a dazzling array on the 2 Chainz-assisted Rich as F—, which features a standout, swaggering beat from producer T-Minus. "AK on my night stand, right next to that Bible/But I swear with these 50 shots, I'll shoot it out with 5-0/Pockets gettin' too fat, no Weight Watchers, no lipo," Wayne raps.

His performance on the song may very well convince on-the-fence fans that the YMCMB captain still has passion for his craft.

He's entertaining on Trippy, one of two tracks produced by Juicy J and Crazy Mike. "I got high, and fell asleep loaded/I woke up and got high again/OK, I'm reloaded," Wayne raps, making no apologies for his recreational activities.

He's a sinister presence over the equally sinister beat of the production duo's Trigger Finger, and seems to laugh about his 2010 eight-month jail stint on Gunwalk featuring Gudda Gudda.

The songs are reminders of a more focused Wayne — a version of the rapper that seems to be absent from tracks like Curtains, where he phones in lines like "I'm getting cake like I'm Jewish/my n— Drake, he Jewish."

He rages through the heavy metal-influenced Hello, but crossing genres doesn't change the same tired content.

And while the hook on God Bless Amerika promises a more thoughtful Wayne, his verses don't measure up — a disappointment considering his still-revered status as the best rapper in the game.

Overall, Wayne meets expectations for Wayne these days — not saying much (of substance), but giving listeners plenty to talk about.

THE ASSOCIATED PRESS

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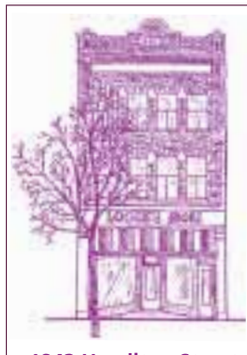
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SCENE

Four weddings and a few red flags

Jesse James

Jesse James has tied the knot for the fourth time, marrying drag racer Alexis DeJoria in Malibu this weekend after dating for less than two months, according to Star magazine. James' most recent marriage — to Sandra Bullock — ended in divorce in 2010 after his infidelity came to light. DeJoria is the daughter of billionaire Paul Mitchell co-founder John Paul DeJoria, who also helped launch Patron tequila and the House of Blues nightclub chain. "Jesse's always had a man-crush on John Paul, and what better way to get close to him than to get hitched to his daughter?" a source says. "But this marriage will be his fourth. If I were John Paul — after what Jesse put Sandra through — I'd be warning him up front that when it comes to Alexis, he'd better watch his butt."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lindsay's letting loose before lock up

Lindsay Lohan

Lindsay Lohan is apparently looking to make the most of her time on the outside before her 90-day sentence in a lock-in rehab facility begins. The troubled actress, who accepted her sentence as part of a plea deal last week, reportedly spent the weekend hitting up nightclubs around Southern California. On Friday, Lohan was spotted "drinking Ketel One vodka on the rocks and smoking Parliaments" at San Diego club Fluxx dressed in a Yankees baseball hat and a hooded sweatshirt, according to Us Weekly. And Saturday night found her back in L.A. at Santa Monica's 41 Ocean, where she tried to dodge photographers, according to the Daily Mail. But Lohan has assured her Twitter followers that she's not partying as much as is being reported. "I'm taking this seriously and focused on the road ahead," she wrote before the wild weekend. "Don't believe every thing you hear unless you hear it from me." There's still no word on when Lohan will begin her 90 days of treatment.

Miley Cyrus

Knock off the rumours, the ring is back on

Maybe it's time to put those breakup rumours about Miley Cyrus and Liam Hemsworth away, as the pair have been "inseparable" since Hemsworth got back from his trip to Australia and Manila, according to People magazine. "Since Liam returned to L.A., Miley has been in the best mood. They are together and will continue their wedding plans," a source says. On top of that, Cyrus has been spotted wearing her engagement ring once again.

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Too much of something: A reunion recipe that's one Spice short

Spice Girls fans hoping for a reunion will have to be satisfied with the group's performance at the Olympics last summer, as that's it as far as Victoria Beckham is concerned, according to Radar Online. "Victoria has made no secret of the fact her singing days are over, with a hugely successful business and a growing family," her rep says. "She loved her time as a Spice Girl and will always wish the other girls well in whatever they choose to do." And whatever they choose to do may now include doing a reality show in which they search for Beckham's replacement, according to the Daily Mail. "The girls, particularly Geri [Halliwell], think there is so much more that they can achieve, and they know that their fans still want to see them perform," a source says. "She would give anything for this to all work out. She has spoken to TV production companies about how it would work and is very excited. They are gradually getting further down the line." A source close to the band, though, insists that the four remaining members would not recruit a replacement.

Spice Girls ALL PHOTOS GETTY IMAGES

Twitter

@jeremypiven
I am not currently Mexican

@Louis_Tomlinson
Just incase anyone was wondering, cereal after mouth wash is a bad choice !

@rustyrockets
Read Malcolm X's autobiography next time you think you've had a hard life.

@MatthewPerry
Love playing a sociopath on The Good Wife. I know a sociopath in real life. And if he's reading this, I'm sure he doesn't know who he is.

Could this alkaline diet change your life?

Mythbusting. Your body shouldn't be high on acid. Victoria Beckham's favourite cookbook, Honestly Healthy, looks at how alkaline-forming foods help you lose weight, be happy and fight insomnia. Metro investigates the claims

ROMINA McGUINNESS
life@metronews.ca

"Our bodies function best when in an alkaline state. Yet, much of our eating trends and diets are very acid-forming in the body, leading to internal stress," Vicki Edgson, nutritionist and co-author of Honestly Healthy, tells Metro.

Why? Because other than in the stomach, which is highly acidic in order to break down food and kill bacteria, everything else in the body runs at an alkaline level.

"All our bodily fluids (blood, serum, urine) are between 7.35 and 7.45 on the pH scale. Matching this alkaline state makes it far easier for the body to digest, absorb and derive energy from the food we consume," she explains.

The author

"Our bodies function best when in an alkaline state. Yet many diets are acid-forming, leading to internal stress."

Vicki Edgson, nutritionist
Author of Honestly Healthy

But certain staples, such as coffee, milk and red meat, score between four to six on the pH scale.

When digested, they form acidic residues in the bloodstream.

"This places a heavier burden on the kidneys and liver to break them down further, as both organs require an increase of certain minerals in order to buffer such acidity," warns Edgson.

Edgson makes sense and Honestly Healthy's recipes are delicious — we've tried them — but are her claims correct?

We asked Amanda Griggs, Nutritional Therapist at the Balance Clinic London (whose clients include supermodel Elle Macpherson) to weigh in on the claims.

70% alkaline, 30% acidic = balance?

What the nutritionist says: "True! An alkaline diet is basically a healthy one that includes fresh vegetables, fruit, nuts and water but excludes excessive amounts of processed foods, coffee, and alcohol."

Good food will improve a mood

What the nutritionist says: "Alkaline foods such as green leafy vegetables, nuts and seeds are rich in magnesium, folic acid and B vitamins that stimulate and increase serotonin levels."

You'll lose weight naturally

"ninety-nine per cent of people put on weight when they're unhappy and therefore eating inappropriately. But if you feel great, you'll lose any excess body weight anyway," claims Edgson.

What the nutritionist says: "True! Over-acidity can equal weight gain."

Clear skin, shiny hair & better BO

What the nutritionist says: "True! The body neutralizes excessive acids with alkaline minerals such as magnesium and potassium. An excessively acidic diet puts a strain on the organs of elimination such as the colon and skin."

Better sleep/ focus

What the nutritionist says: "True! With a constant onslaught of a high acidic diet that includes stimulants such as caffeine, sugar and alcohol, the body resorts to leaching valuable electrolytes such as calcium, magnesium, potassium and sodium from vital organs and blunt valuable hormones, which we need for restful sleep."

An apple a day keeps disease at bay

Health standards. More than half of Canucks aren't meeting the minimum healthy eating recommendations

Canadians are living longer. But not necessarily healthier. On average, we'll spend our final 10 years with sickness and disease. We can change this.

The choices we make now can help shape a future of strength and vitality.

To shrink that 10-year gap, the Heart and Stroke Foundation recommends being physically active, eating well, being smoke-free, reducing stress and avoiding excessive drinking.

Food for thought nutrition is one of the most important things you can do to improve your health — yet more than half of Canadians don't meet the healthy eating recommendations.

Eating a poor diet results in nearly three quality years of life lost, while being obese can reduce your life span by almost four years.

To start on the path to shrinking the 10-year gap, take these tips to heart.

Embrace the rainbow
Eat between five and 10 servings of vegetables and fruit each day. Choose a variety of colourful vegetables and fruit.

Get the guide
Make Canada's Food Guide your bible to plan well-balanced meals with sensible portion sizes.

Shake the salt habit
Instead, spice things up with fresh or dried herbs.

Banish temptation
Skip the snack aisle at the grocery store.

Counter the snack attack
Got the munchies? Grab some plain, unsalted popcorn.

NEWS CANADA

Avoid snacks and stick to a regular meal plan. ISTOCK PHOTOS

Mussels: art of simplicity

ROSE REISMAN
for more, visit
rosereisman.com

These simple and delicious Mussels with Tomatoes, Basil and Garlic can be either an appetizer or a main meal.

Serve the dish with a wholegrain French or Italian loaf to mop up the flavourful juices.

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 2 lb mussels in the shell
- 1 1/2 tsp vegetable oil
- 3/4 cup finely diced onion
- 3/4 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini (optional)
- 2 tsp crushed fresh garlic
- 1 can (14 oz) tomatoes, drained and chopped
- 1/3 cup dry white wine or fish stock
- 2 tbsp tomato paste
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/3 cup chopped fresh basil

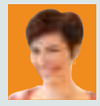
1. Discard any mussels that don't close when tapped. Scrub the mussels under cold water and pull off the beards. Set the mussels aside.

2. Spray a large non-stick saucepan with cooking oil, add the vegetable oil and place over medium-high heat. Add the onions, bell pepper, zucchini (if using) and garlic; sauté for 5 minutes. Add the tomatoes, wine, tomato paste, dried basil and oregano; cook on medium heat for 10 minutes, stirring occasionally until sauce thickens slightly.

3. Add mussels. Cover and cook until mussels are fully open, 4 to 5 minutes. Discard any that do not open. Arrange in individual bowls and pour sauce overtop. Garnish with basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Spring a leek today



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Any day now we are going to start seeing a spring crop of leeks.

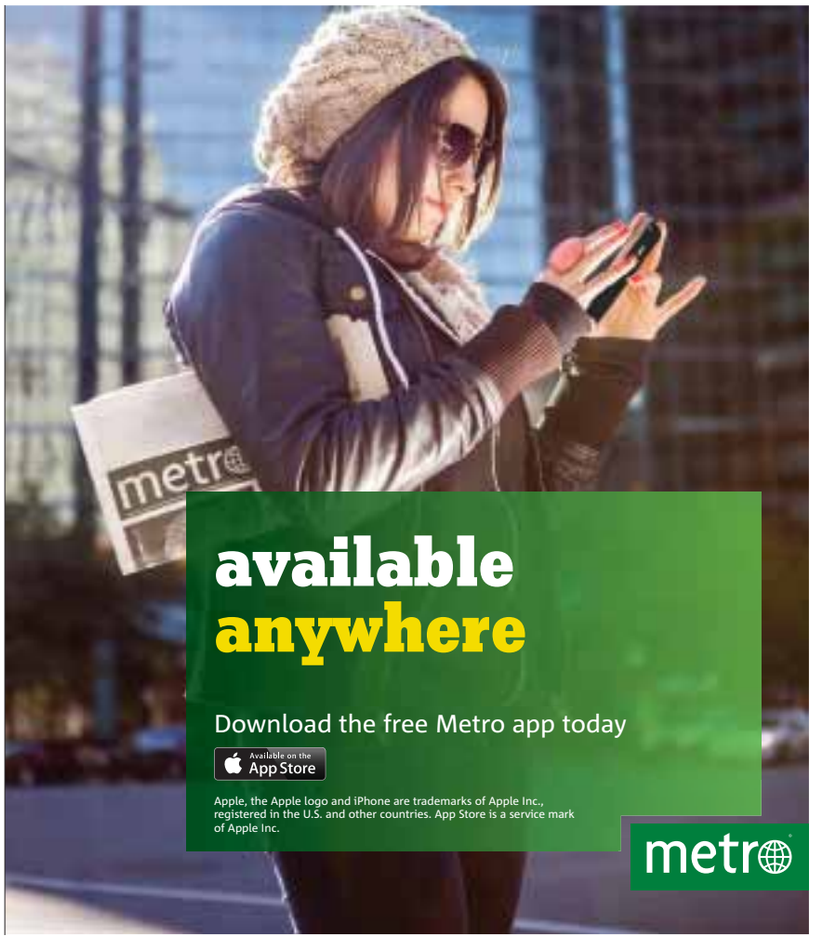
And, like the middle child, they do require some effort (sorry middle kids) but pay dividends in the end.

Clean them up, treat them properly and you will never look back to plain old onions again.

- When cleaning leeks, it is best to cut them lengthwise into semi cylinders rather than rings. Cold running water between the layers removes the grit better so you won't feel like you are eating a sandbox.
- Pan fry in butter with high heat to help brown and crisp the delicate fibres or they can become a slimy mush.
- Think about cooking a double batch and storing in the fridge to top soups, pastas and pizzas all week long much like caramelized onions ... only better.

Leeks provide more vitamin C, iron, Vitamin A and fibre than an equal amount of onion, but their unique, milder flavour really hits home on a cold, rainy day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM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Redefine fast food with Foil Pack Salmon

Bake an extra filet for tomorrow's lunch. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

MAIJA MOMENTS
YummyMummyClub.ca

Ingredients

- Non-stick cooking spray
- 1/2 lemon, sliced into 4-6 rounds depending on size
- 1 salmon fillet (approx. 4-6 oz) (skin on or off)
- Drop of olive oil
- 2 sprigs fresh dill
- Handful of green beans, washed and ends sliced off
- Coarse salt to taste

1. Spray one side of your tin foil piece with non-stick cooking spray (tin foil should be large enough to hold and fold over your salmon fillet).

2. Place lemon rounds in middle of tin foil in a rectangle. Place salmon on top of lemons and brush with olive oil. Top with dill and green beans and lightly salt to taste.

3. Fold tin foil into a foil package so that there are no seams, as you want to make sure there is no way for the steam to escape.

4. Bake on baking sheet in preheated 300 F oven for 25 minutes. Carefully place foil packs onto plates and open to let the steam escape.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

I'm sorry for sleeping with your girlfriend, and other apologies

Memoir. Columnist says we try our best but we all mess up — yet we're all deserving of forgiveness

Dave Bry is a professional apologizer, first in a Dear (Person He's Wronged) column online and now a letter-by-letter memoir of messing up and making amends.

Out Tuesday, Bry's Public Apology is stuffed with wrongs, from the foibles of an anxious, surly tween in New Jersey to the regrets of a 20-year-old who drinks and does drugs too much, losing his father to cancer at a crucial time in his youth.

Could you fill a book with apologies? Bry has no trouble.

Through high school in Little Silver, N.J., Bry spends a lot of time apologizing for bad behaviour at school as he set a record for detentions and tried to lose his virginity. He succeeds with the girlfriend of a classmate. And he's sorry.

A victim of the recession, the 42-year-old Brooklyn dad of an 8-year-old son started writing his Public Apology column at the culture site The Awl in 2009, as he lost a magazine job and got his freelance writing career off the ground. About 40 per cent of the book is repurposed columns.

Bry hopes others will join him in apologizing — on a Tumblr called the Public Apology Project. Ahead of the book, from Grand Central Publishing, just a handful of people had taken up Bry on his offer of anonymity to set things right in their own lives.

Was the idea for the book to share something of yourself beyond the usual memoir?

I'm a little reluctant to talk about it in terms of getting weight off my shoulders, confessing for the sake of (alleviating) guilt. In my least generous look at it, I'd call it a gimmick. But I relate well to other stories told in the first person, that feeling of, 'Oh man, it could have come out of my own head.' The loftiest goal of the book would be that people might relate to it and remember, 'Oh my god, I remember when I did that stupid, embarrassing thing, and I remember when I was such a jerk and I've been beating myself up about it since.' It's nice to know that other people feel that way.

Were you trying to get in touch with your previous selves?

I think about the stuff that I've done wrong a lot. I'm a real harsh judge of behaviour, probably most harshly my own. I look at my behaviour pretty closely and look back on things and can identify many, many times in my life that I screwed up. I think I've always been looking back five years and thinking, 'Oh my god, thank god I'm not that same person. I was such an idiot.'

Do you have more to apologize for than the average person?

No. The way that I look at it is that we're all pretty much the same, and some of us maybe will feel more guilty about stuff, and maybe get more hung up. I think my northeastern Jewish upbringing made me lean in that direction, toward the kind of Woody Allen, hand-wringing guilt. But I think everyone's equally guilty, except the extreme examples. Basically, I think, we're all trying to do our best in this world, and we all mess up a lot. The flip side is we're all deserving of forgiveness.

THE ASSOCIATED PRESS

Dave Bry, author of Public Apology: In Which a Man Grapples With a Lifetime of Regret, One Incident at a Time. GRAND CENTRAL PUBLISHING / THE ASSOCIATED PRESS

Can you claim income tax credits for an infirm family member?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Growing issue

2.7 million Canadians care for an elderly family member or friend.

Millions of Canadians are caregivers but are confused about whether they can claim caregiver tax credits for the elderly. This Metro reader is one of them:

"My mother is 80 and lives with me. Her income from OAS and GIS (guaranteed income supplement) is $15,000. She can still do the daily basic necessities but her hearing is poor. I assist her with doctor appointments and ensure she is taking her daily medication. Can I claim any credits?" T.E.

It's a bit of a puzzle because there are three "caregiver" credits under the category, Supporting Other Infirm Adults, meaning other than a spouse.

These include line 305 (amount for eligible dependent), line 306 (amount for infirm adults age 18 or older) and line 315 (caregiver amount).

Line 315 is the most likely credit for you. The caregiver amount is $4,402 for a dependent who is not infirm and $6,402 if the person is infirm. The non-refundable tax credit is phased out when net income exceed s $21,435 for the infirm and $19,435 for those who are not infirm.

Line 305 (amount for eligible dependent) used to be called the equivalent to spouse amount. You must be single and have your mother living with you. This credit is phased out when net income exceeds $10,822 for those who are not infirm and $12,822 for those who are.

You should talk to your mother's doctor to find out how she might be classified. The definition of infirm is hazy and somewhat subjective. If she's considered infirm, the line 306 tax credit also applies.

Also, if your mother's hearing loss qualifies her for the Disability Tax Credit (DTC), it could be transferred to you to reduce your taxes. A health professional will need to fill out the DTC application form, T2201, at cra-arc.gc.ca/E/pbg/tf/t2201.

Be aware that disability is a specific condition according to the CRA. One can be disabled but not infirm, and vice versa.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

There are several caregiver tax credits available to taxpayers. ISTOCK IMAGES

Personal finance. Here's how women can take control of their money

Women influence

- 91% of home purchases
- 80% of health spending
- 90% of financial decisions

For more than a century the financial services industry has focused on men as the primary target for individual insurance and retirement savings.

According to a study by the Boston Consulting Group, Canadian women control 67.2 per cent of all household spending. That's a lot of purchasing power in our economy.

"What's interesting is that while many women today are able to assert their independence through their lifestyle and career choices, many still find personal financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So it's essential that women create a financial plan that can support their current and future needs and lifestyle."

First, think about what you would need financially to protect your family in case of an emergency such as an illness or a job loss.

Second, know where your money's going. Review your budget to identify any wasteful spending and make a goal of paying down your debt once and for all.

Third, create a savings plan for your retirement and for a rainy day

Fourth, review your life insurance coverage. Products like disability insurance, extended medical insurance and critical illness insurance allow you to focus on healing.

To learn more, talk to your financial advisor or visit desjardinslifeinsurance.com.

NEWSCANADA.COM

Tiger climbs back atop the mountain in world rankings

PGA. Woods cruises to win at Arnold Palmer Invitational to take No. 1 spot from McIlroy

Tiger Woods is back to No. 1 in the world with a game that looks as good as ever.

Woods walked off the 18th green Monday waving his putter over his head — his magic wand this week at Bay Hill — to acknowledge the fans who have seen this act before. He won the Arnold Palmer Invitational for the eighth time to tie a PGA Tour record that had not been touched in 48 years.

This win had extra significance. It returned Woods to the top of the world ranking for the first time since the final week of October 2010, the longest spell of his career.

"It's a byproduct of hard work, patience and getting back to winning golf tournaments," he said.

Woods never let anyone closer than two shots in the final round at Bay Hill that was delayed one day by storms. With a conservative bogey he could afford on the last hole, he closed with a 2-under 70 for a two-shot win over Justin Rose.

Next up is the Masters, where Woods will try to end his five-year drought in the majors.

Woods fell as low as No. 58 in the world as he coped with a crisis in his personal life and injuries to his left leg. One week after he announced he was dating Olympic ski champion Lindsey Vonn, Woods celebrated his third win of the season, and his sixth going back to Bay Hill a year ago.

"Number 1 !!!!!!!!!!!!" Vonn tweeted moments after his win.

Like so many other victories, this one was never really close.

Rickie Fowler pulled to within two shots with a 25-foot birdie putt on the 14th hole, but after he and Woods made bogey on the 15th, Fowler went at the flag on the par-5 16th and came up a few yards short and into the water. Fowler put another ball into the water and made triple-bogey.

Fowler had to settle for a 73 and a tie for third with Mark Wilson (71), Keegan Bradley (71) and Gonzalo Fernandez-Castano (72).

Rory McIlroy had been No. 1 since he won the PGA Championship last August. He can reclaim the No. 1 ranking by winning the Houston Open this week. Woods heads home to south Florida for two weeks before the Masters.

THE ASSOCIATED PRESS

Tiger Woods acknowledges the crowd after winning the Arnold Palmer Invitational in Orlando, Fla. With the victory, Woods is No. 1 again in the world rankings. DAVID CANNON/GETTY IMAGES

Tiger subdued

Snarl buried below the surface

CATHAL KELLY
Special to Metro

He was never very giving of himself. Having returned to the top on his knees, Tiger Woods gives nothing any more.

"How does it feel, after all this time?" Woods was asked, seconds after winning the Arnold Palmer Invitational. If ever there was a moment to look back from the top and appreciate the difficulty of the climb, this seemed like it.

"It's a byproduct," Woods said evasively, and with an odd hint of menace. "A byproduct of hard work."

The game has returned, but the swagger that once accompanied it is gone. Woods is 37 years old. He looks younger. He plays older. **GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON TIGER WOODS.**

D'Aguilar shows full repertoire at combine

Ben D'Aguilar TORSTAR NEWS SERVICE

Ben D'Aguilar likes being different.

So when the McMaster Marauders' colourful defensive end met with CFL officials during the league's combine on the weekend, he made sure his answers were honest and from the heart and not necessarily sugar-coated for their benefit. It was all part of the six-foot-two, 240-pound Hamilton native's master plan to be his own man during the two-day audition.

"I love being different, I don't want to be regular," D'Aguilar said following Sunday's 1-on-1 drills at Varsity Stadium in Toronto. "A lot of guys might switch their answers based on who they're talking to, but I'm always me.

"I'm not just a fun guy all the time. I have a lot of aspects to my personality."

Test results are important to officials but many put a lot of stock in the 1-on-1 interviews with prospects. It's an opportunity for them to get close and personal with the men who one day could don their team's colours.

"The interviews are a huge process for us because we try to get inside the kid and find out what motivates them," said Scott Milanovich, the head coach of the Grey Cup-champion Toronto Argonauts. "For me, that might even be the most beneficial part of the weekend.... The interview is important." THE CANADIAN PRESS

CFL

Williams making return to Riders

Renauld Williams is back with the Saskatchewan Roughriders.

The veteran linebacker re-signed with the Riders on Monday after spending the last two seasons with the Hamilton Tiger-Cats. Williams began his CFL career with Saskatchewan (2007-09).

The six-foot, 228-pound Williams was an East Division all-star with Hamilton last year after recording 94 tackles, three sacks and an interception.

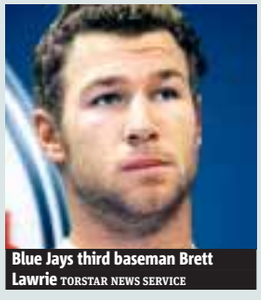
Over his three seasons with Saskatchewan, Williams, 32, registered 98 tackles, six sacks, five forced fumbles and an interception in 31 regular-season appearances. THE CANADIAN PRESS

MLB

Opening day out of reach for Jays' Lawrie

The Toronto Blue Jays aren't willing to risk third baseman Brett Lawrie suffering another long-term injury.

The team announced Monday that the native of Langley, B.C., will start on the disabled list with a strained rib cage. THE CANADIAN PRESS



Blue Jays third baseman Brett Lawrie TORSTAR NEWS SERVICE

Morrow joins Penguins

"I just don't want to screw it up. They're going pretty good."

New Penguins forward Brenden Morrow upon his arrival in Pittsburgh on Monday. Morrow, acquired from the Dallas Stars on Sunday, joins the Penguins amidst a 12-game win streak.

Horoscopes

♈ Aries
March 21 - April 20
Taking care of other people's needs may be a chore you would prefer to avoid but it has to be done. You may even be surprised to discover you actually quite enjoy the experience.

♉ Taurus
April 21 - May 21
You may be desperate to know what's going on but don't let others know or they'll play games with you. Pretend you don't care and they'll let you in on the joke.

♊ Gemini
May 22 - June 21
With Jupiter, planet of good fortune, transiting your sign and linked to Mars, there is no way you can lose. Even if you do end up a few dollars out of pocket, you will make up for it in other ways.

♋ Cancer
June 22 - July 23
The planets make it clear that the right time to boost your standing is today. Someone in a position of authority will look kindly on your bid for a promotion or a raise, but only if you make that bid now.

♌ Leo
July 24 - Aug. 23
You know what is right and you know what is wrong, so what's the problem? The planets are asking you a simple question: Do you act according to your higher or your lower nature? So, what's your answer?

♍ Virgo
Aug. 24 - Sept. 23
You may not see a direct link between what you do for someone today and what others do for you tomorrow, but it is there. It's a law of the universe that if you help others you also help yourself.

♎ Libra
Sept. 24 - Oct. 23
You won't have to work hard to get what you want today. With Jupiter transiting one of the best areas of your chart, many things come easy to you. Think what you might achieve if you make a serious effort.

♏ Scorpio
Oct. 24 - Nov. 22
You may seriously be thinking about giving up on your quest. Don't! You may still be some way to from the place you want to be but half your journey is already behind you.

♐ Sagittarius
Nov. 23 - Dec. 21
It may look as if some people have been less fortunate than you but there is no reason why you should feel guilty about it. Be the best you are at what you do and set an example.

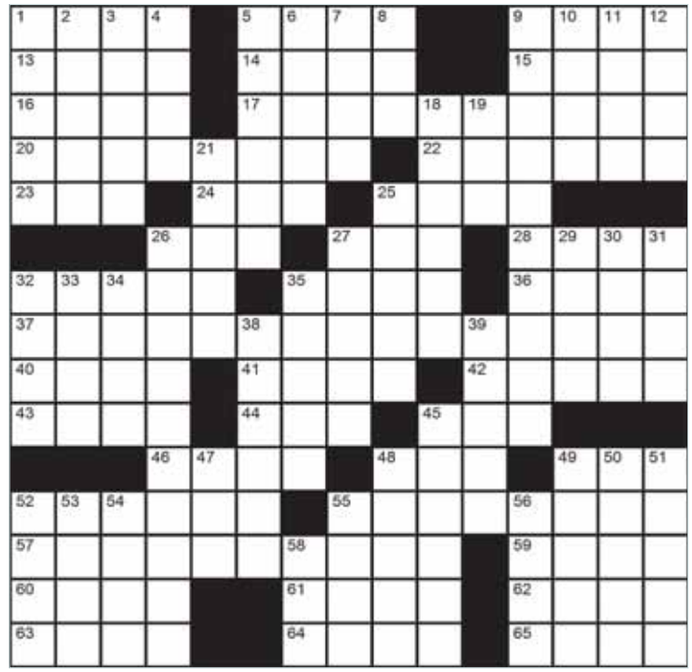
♑ Capricorn
Dec. 22 - Jan. 20
Don't interfere in a situation that has nothing to do with you. However pure your intentions, you will most likely annoy a friend or relative and may even make the situation worse than it was before.

♒ Aquarius
Jan. 21 - Feb. 19
You feel you should be doing something more, something that has meaning. Has it not occurred to you that just being yourself is enough? Maybe you are standing too close to yourself to see it.

♓ Pisces
Feb. 20 - March 20
You can devote the day to pleasure or to work —the choice is yours alone to make. Whichever course you choose, some people are sure to complain but you must ignore them. Their pleasure, it seems, is complaining. SALLY BROMPTON

Crossword: Canada Across and Down

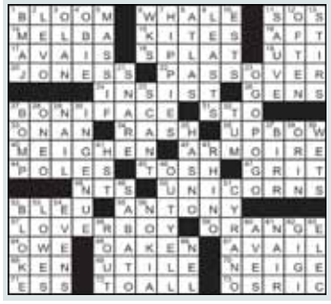
BY KELLY ANN BUCHANAN



Across
1. Pink Floyd's "Comfortably __"
5. Gremlins
9. Operation-giver, for short
13. "Are you __ out?": 2 wds.
14. Say __ (Deny): 2 wds.
15. "Dynamite" singer Mr. Cruz
16. "Star Trek: Deep Space __"
17. "Run Run Run" band from Toronto
20. Canadian fashion brand: 2 wds.
22. Flood-stoppers
23. Bug
24. Half of two
25. Feeling
26. Protrude
27. __. Engr.
28. Herb
32. Mixtures
35. Compete on ABC's "Splash"
36. Puccini aria: "_ __ Babbino Caro"
37. RCAF's CF-18: 2 wds.
40. Store door sign
41. South's opposite, in French
42. Curses
43. Swedish artist, Anders __
44. Aunt: Spanish
45. Iceland band, Sigur __
46. House's back or front area
48. Endings for many Y-ending words when plural
49. Job applicant's 9-digit ID
52. Jagged chain of mountains
55. Quebec locale historically a mining town
57. Component of any makeover: 2 wds.
59. Songstress Ms. Perry
60. Bryan Adams' "18 __ _ Die"
61. Comic strip, __ and Janis
62. Tehran's locale
63. Dutch city
64. "As if!": 2 wds.
65. Richie's mom to Fonzie, __. _

Down
1. "Teenage Mutant __ Turtles"
2. Toronto's __ Station
3. French impressionist, Claude __
4. Brief: French
5. Tab key function
6. Kind of code
7. Memphis deity in ancient Egypt
8. Soak, in dialect
9. Dock workers
10. 'Grad' add-on (Get a diploma)
11. Ceremony
12. Proceeds
18. Master Twist, Charles Dickens character
19. Bird beak
21. Awaken
25. Brilliant
26. "Fire It Up" born in Scotland/raised in Canada singer: 2 wds.
27. Single-named American songstress
29. Jumbo-sized movie venue
30. Vitality
31. Oodles
32. "The Wizard __" (1939): 2 wds.
33. Prefix with 'suction'
34. Disney CEO, Bob __
35. Sci-Fi character
38. Catch
39. Selected
45. Start the computer again
47. 'A' in ETA, for short
48. Basket fibre
49. Ringo's last name
50. Wee bits
51. "Bye Bye Bye" band
52. U.S. pre-coll. exams
53. "__ __ were up to me..."
54. French: Ici __ __ (Here and there)
55. Two choices, _ __ _
56. __ milk
58. Yes, in Japan

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		3		2		4	
		8	1		7	9		
5								7
		6		1		5		
2								8
		5		8		4		
3								9
		1	8		5	6		
	8		7		9		2	

Yesterday's Sudoku

2	9	8	4	5	6	1	7	3
4	6	3	1	7	9	2	5	8
7	1	5	3	8	2	4	6	9
9	7	4	6	1	3	5	8	2
1	8	6	5	2	7	9	3	4
3	5	2	8	9	4	7	1	6
6	4	9	7	3	5	8	2	1
8	3	7	2	4	1	6	9	5
5	2	1	9	6	8	3	4	7

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